Deb's Country Corner

Hello Country Folks!

Just spent an enjoyable evening with some friends and relatives. Amazing as it seems, we didn't even have the television on once. We started off with conversation, followed by coffee, and then I got the photos albums out. Don't know about your family, but mine takes a lot of pictures. I don't need a special occasion to get out the instamatic and start clicking away. Of course, this leads to a lot of pictures. At last count I think I have 14 albums of the things.

But what better way to diminish the events of your life than with a picture? A special trip, your children growing up, your first car, or that creek out behind the house that is "your" special spot.

And then of course, there are the photographs that you'd like to forget, or someone in your family would like you to lose: Like that adorable picture of your baby on the bear skin rug? The kid is now 6'3", 220 pounds, and definitely thinks the photo is not "cute" especially when Mom pulls it out every time a new girl friend comes around. Or the one or two "lampshades on the head" shots? These can usually be used for most forms of blackmail when the pictures come back.

But for all the laughs and embarrassments, there are those priceless treasures, too. Grandma who passed on 10 years ago. Or your daughter's first lost tooth. Or your wedding day. Don't they always generate those same feelings? If my evening with friends was any indication, sharing your photographs with friends is a great way to spend an evening. It probably won't replace "The Disney Channel,"

but it may be just as enjoyable. Our recipe for this week is a favorite of mine. I served it with coffee to the same friends, and they seemed to really enjoy it. Hope you do, too.

Peach Shortcake

1-30 oz. can sliced peaches, drained
1 cup cream or half and half
2 tbls. confectioners sugar
dash of almond extract
1 recipe of "Bisquick" basic shortcake
whipped cream

Combine cream (or half and half) with sugar and almond extract. Chill. Mix shortcake recipe according to directions on box. When baked, cut a square of shortcake, then slice it lengthwise. Put peaches, and cream mixture over shortcake, then replace top half. Garnish with whipped cream.

OUR HOUSEHOLD HINT FOR THE WEEK. In conjunction with Earth Day and all the conservation measures we can take, I heard this hint for cleaning out a clogged drain. It is totally non-polluting and it eliminates poisonous drain cleaners. For clogged drains try a combination of baking soda and vinegar. These two will interact with each other and "sizzle" out the clog.

Bye for this week.
Deb Weatherock
Deb's Country Corner

Christian Temperance Union notes

Nine members met at the home of Miriam Sowers, R.D., York Springs, on April 17 at 1 p.m. for the regular monthly meeting of the Latimore Women's Christian Temperance Union.

Loretta Yohe, president, opened the meeting and announced the theme Light In A Troubled World. She gave the meditation from the Union Signal after Psalm 46:3, II Corinthians 4:8 and II Thessalonians 1:7 were read by Miriam Sowers. Ethel Wonders led in prayer for all the sick, for the youth and children that they learn the wisdom of TOTAL ABSTINENCE and that ways could be found to stop the inflow of drugs into this country. She led in singing The Battle Hymn of the W.C.T.U.

It was reported that there are still 4 openings on the van to the So. Central Regional Meetin gon April 28. Please make your reservation with Gerry Petrow if you can attend. Van fare is $13.90 per person.

The treasurer was given approval to give $28 to the $50M club, $5 to the 3P's fund and $20 to the Restoration fund.

Notice was received from the W.C.T.U. Pa. State Treasurer, Helen B. Owen that beginning Sept. 1, 1990, dues will be $7.30 or 2 cents a day and many prayers. Another change noted that the Light Line and the Beacon Light have been increased from $14.00 to $16.00. A new fund, the Restoration Fund, has been added to help restore the National Hdq. building.

Ethel Wonders lead a discussion on Meet The Migrant. The pamphlet Dr. Hodge's Dogs was read. The playlet "Light In a Troubled World" was given by the members.

During the months of March and April, the group served 21 gallon of fruit drinks, the W.C.T.U. pin was worn 53 times, 25 visits were made, and 68 sympathy and get well cards were sent.

The next meeting will be held at the home of Loretta Yohe on May 14th at 1 p.m. followed by a Stanley party.

Fundraisers

Ron Turo, Republican candidate for the 199th District seat in the Pennsylvania House of Representatives, will host two fundraising receptions in coming weeks, campaign coordinator Tom Perry announced.

19th District Congressman William Goodling will join Turo for the Community and Business Leaders Reception, Thursday, April 26th at the Carlisle County Club from 7 to 9 o.m.

Allenberry Resort Inn is the location for the second gathering, Thursday, May 3rd also beginning at 7 p.m.

Reservations for both receptions can be made by contacting campaign headquarters at 32 South Bedford Street, Carlisle, telephone 245-9688.

The 199th District includes portions of Cumberland, York and Adams Counties.

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Was $17,323 ..... ONLY $14,999
'87 CAVALIER 4 DR. 13404, P/Steering, P/Brakes, Air Cond., "Clean", Etc. ..... NOW $5499
Was $5999 ..... ONLY $5499
'87 SUBARU "GL" 4 DR. #9140-A, Auto Trans., P/Steering, P/Brakes, Air Cond., Power Windows, Air Cond., Etc. ..... NOW $6699
Was $6999 ..... ONLY $6699
'89 CALAIS "SL" 4 DR., 9458, FM Cassette, Cruise, P/Windows & Seats, Rear Defogger, Tilt Wheel, Only 46K Miles ..... NOW $12,499
Original List $18,658 ..... ONLY $12,499
'88 CAVALIER 4 DR. #9364, Auto. Trans., P/Steering, Air Cond., AM/FM, Rear Defogger, ... ONLY $7499
'89 CAPRICE "LS" BROUGHAM 4 DR. #0134, V8, Rear Defogger, Tilt Wheel, Cruise Control, Power Windows, FM/Cassette, Air Cond. ..... ONLY $15,999
Only 21,811 Miles, Etc. ..... ONLY $15,999
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Air Cond. ..... ONLY $5995
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'87 CELEBRITY 4 DR. #13364, Cruise Control, V/6, Auto. Trans., Air Cond., Etc. ..... ONLY $7999
'87 SL MONTE CARLO #13021-A, FM Cass., P/Windows/Locks, Cruise Control, Tilt Wheel, Air Cond. ..... ONLY $9999
'89 T-TOP CAMARO #13404, Power Locks, Air Cond., Tilt Wheel, Cruise Control, Auto. Trans., P/Steering, Only 13,264 Miles, Etc. ..... ONLY $11,699
'89 CORSICA "CL" 4 DR. #0-575, Auto. Trans., V6, Air Cond., Cassette, Tilt Wheel, Power Windows, Power Locks, Cruise Control, Only 6613 Miles, Etc. ..... ONLY $10,999
'89 BERETTA CPE #0-582, V6, Auto. Trans., Rear Defogger, etc. ..... NOW $9499
Was $9999 ..... ONLY $9499
'87 TEMPO 4 DR. #0-576, Auto. Trans., P/Steering, P/Brakes, Air Cond., ... ONLY $5999
'89 GRAND AM CPE #13446, Auto. Trans., P/Brakes, FM/Cassette, Tilt Wheel, Cruise Control, Air Cond., Etc. Only 17K Miles, Etc. ..... ONLY $7999

'86 CELEBRITY 4 DR. #9137A, Air Cond., AM/FM, P/Steering, P/Brakes, Auto. Trans., Pa. One Owner, Etc. ..... ONLY $5999
'88 CELEBRITY "CI" 4 DR. #9-457A, Auto. Trans., V6, P/Brakes, Rear Defogger, AM/FM, Air Cond., Cruise Control, Pa. One Owner, Etc. ..... ONLY $5699
'86 2.8 T-TOP CAMARO #9-522A, Power Locks, Tilt Wheel, Air Cond., FM/Cassette, Trans Am" Etc. ..... NOW $9499
Was $9999 ..... ONLY $9499
'86 CHEVETTE 4 DR. #13404, Auto. Trans., P/Steering, AM/FM, Air Cond., Etc. ..... ONLY $5499
'90 PRIZM 4 DR., 0402, Auto. Trans., P/Steering, AM/FM, Air Cond., Rear Defogger, "Clean", Etc. ..... NOW $8888
Was $9999 ..... ONLY $8888
'86 S.S. MONTE CARLO #13314, Power Windows, Power Locks, Tilt Wheel, Cruise Control, FM/Cassette, Air Cond., "Spotless", Etc. ..... NOW $10,499
Was $10,999 ..... ONLY $10,499
'87 CHEVETTE 4 DR. #13394, Auto. Trans., P/Steering, AM/FM, "Extra Clean", Etc. ..... ONLY $3699
'87 GT MUSTANG T-TOP #0429, Power Seat, P/Windows, Air Cond., Power Locks, FM/Cassette, Cruise Control, Only 23,432 Miles, Etc. ..... ONLY $7999
'87 2.0i CAVALIER #13516, FM/ Cassette, Air Cond., 5 Spd., P/Steering, Only 27,741 Miles, Etc. ..... ONLY $7999
'86 CAVALIER "RS" 2.0i #13726A, Auto. Trans., P/Steering, AM/FM, Air Cond., Pa. One-Owner, etc. ..... ONLY $5999
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LIST $11,494
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NOW $10,744

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Was $16,111 ..... ONLY $15,999
'83 FORD P/U #A713384, P. Steering, 5 Spd., P. Brakes, Etc. Pa One Owner, Etc. ..... ONLY $3699
'86 RANGER EXTENDED CAB P/U #A712554, V8 Radio, PS, PB, 5 Spd. Air, ... ONLY $5499
'86 SCOTTSDALE ¼ TON 4x4 P/U #A713784, V8, Auto. Trans., Pa. 1-Owner, ... NOW $10,499
33,739 Miles, Was $10,999. ..... ONLY $10,499
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EQUIP. GROUP ..... -1,994
REDUCTION ..... -1,316
GM REBATE ..... -750
NOW $14,999

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Reduction ..... -591
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5 Speed Manual, 2.2 Litre EFI, Air Cond., AM/FM Stereo Cassette. #L751
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Reduction ..... -500
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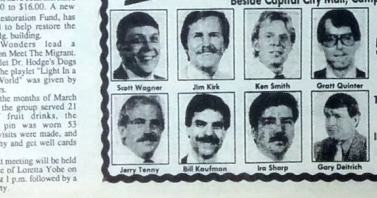
Scott Wagner, Jim Kirk, Ken Smith, Grott Quinter, Jerry Tenny, Bill Kaufman, Ira Sharp, Gary Deihrich

Terry Stouffer, Tom Priest, Scott Morrow, Thorndike, Tom Hand, Rick Henry, Bob Brickner, George Richardson

Is your job making you sick?

"Sick Building Syndrome" poses a serious health threat to millions of office workers in America, according to the American Lung Association of South Central Pennsylvania.

"Sick" buildings contain high levels of air pollution often due to inadequate ventilation. Such environments can cause respiratory ailments including nasal congestion, sneezing, coughing, and chest tightening; they can also cause nausea and eye irritation.

Heavy concentrations of contaminants such as tobacco smoke, hydrocarbons from office products and copying machines, solvent fumes from paint and varnish, formaldehyde from pressed wood products, and carbon monoxide from building garages are the primary culprits.

Most of these contaminants have been present in the workplace for a long time, but have become a health threat in recent years because newer buildings have sealed windows that cannot be opened. Efforts to save energy have resulted in recirculation of interior air rather than venting fresh air from the outside.

ALA recommends three steps to a healthier indoor environment:

1. Eliminate as much tobacco smoke as possible. A firm no-smoking policy is the best way to protect the health of all employees.

2. Provide adequate ventilation. Adjustments can be make to the ventilating system in a modern building. In older buildings, windows can be opened, ceiling fans installed to help circulate the outside air, and humidifiers or dehumidifiers can be added as necessary.

4. Clean and disinfect every part of a ventilating, cooling device or heating system regularly, including humidifiers and dehumidifiers, air filters, air circulation pumps and blowers, and duct work, to avoid the buildup of biological pollutants.

The American Lung Association-The Christmas Seal People(R)-urges you to join the fight for clean air during Clean Air Week (R). May 7-17, 1990. For further information about sick building syndrome or Clean Air Week, contact the American Lung Association of South Central Pennsylvania at 845-LUNG, or 1-800-351-1512.

Insurance reform law

Rep. Bruce Smith said today that a provision in Pennsylvania's recently-enacted auto insurance reform law should reduce the number of uninsured motorists.

Effective July 1, proof of insurance will be required before a vehicle can be inspected in Pennsylvania.

Unless a financial responsibility identification card issued by an insurance company is presented at the time of inspection, an inspection sticker will be denied.

Smith said that protection against insurance fraud is a key component of the reform law. If a motorist fails to obtain an insurance responsibility identification card within 30 days of the rejected state inspection, the inspection official must notify the Transportation Department which will proceed to revoke operating privileges.

He said that if spiraling auto insurance premiums are to be brought under control, uninsured motorists must be removed from the highways. This new procedure is a safeguard to that end.

Club results

Range End Country Club's Ladies Nine Hole Golf Association's event, Low Gross, held on April 18th, had the following winners. First place-Dolores Heintzelman, second place-E.J. Stevens, third place-Won Park.

Citizen Hose Co #1

Ambulance Calls
4/16 Rt. 15 and Glenwood Rd.-MVA
4/16 S. Min. Rd.-Chest pain
4/17 Roundtop Rd.-Chest pain
4/17 Chestnut Grove Rd.-Horse accident
4/19 Glenwood Rd.-Finger caught in car door
4/19 Bumble Bee Rd.-Seizures
4/20 Community St. Wellsville-Back pain
4/20 Wms. Grove Speedway-Standby
4/22 Baltimore St.-Dizziness
4/22 Central View Road-Fall victim
4/22 Gettysburg St.-Seizures
4/23 Baltimore St.-Chest pain
4/24 Wharf Rd.-Abdominal pains

Fire Calls
4/16 Rt. 15 and Glenwood Rd.-MVA
4/20 Greenbriar and Harrisburg Pike-Vehicle fire
4/21 Campground Rd.-Trash fire
4/22 Laurel Run Rd.-Grass fire
4/23 Mt. Top Road-Field Fire

Silver Spring continues battle with weather

After an extremely warm last winter, Silver Spring Speedway has battled a spring full of not just untimely rain, but also snow and cold temperatures. Their battle continues this Saturday night, April 28, with a full racing card planned for the super sportsman, limited late models and street stocks.

Although the temperatures have been cold, many of the competitors are already in hot, late summer form. Defending Silver Spring track and Brock's Tour point champion, Larry Jackson of Newville, PA. looks very strong in his Shuman Gun Shop/LPS 69. Rich Eichelberger of Dillsburg, Pa. is looking quite strong despite leaving the Burkett 47 in favor of his own car at the end of the '89 season. Dave Coelzer in the Leon King 76, Howie Locke with the Jackie Truss 77, Johnny Murphy in the Highlands 3 and the Kohler/Wolford fleet of 71's driven by Gary Wolford, Bobby Weaver and Tim Leiphart appear fast thus far in the chase for the Brock's crown.

In the late models the quarter of Carl Billet, Kim Shuttleworth, Charlie Kope, Smokey Frye and Jeff Leiphart may make it very difficult for any others to crack the winner's circle although Jeff King, Dave Ettner, Ed Jones, Jerry Wells, newcomer Wilmer Weiss and over a dozen others will be there to accept the challenge.

The street stock line-up is very impressive and wide open at this point in the season with no clear cut favorite.

Racing begins with hot laps at 6:30 and the first heat at 7. Gates open at 5 p.m.

Next Saturday, May 5, will feature the 3rd Annual Will Kreitzer Memorial for the super sportsman.

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DOVER - Three bedroom, 1 1/2 bath, 2 1/2 story stone farm house with 20 acres. Over-flowing stream and springs on property. $169,900

NEAR DILLSBURG - 26 1/2 acres, mostly open farmland, with some woodland a stream. Excellent for horses. Priced to sell. $89,900

MEMPHORD ESTATES - Three bedroom, 2 bath earth-sheltered rancher. Lh open floor plan. REDUCED to $89,900

NEAR DILLSBURG - Brick ranch on 6 wooded acres. Three bedroom, 1 bath with large patio off kitchen. $121,900

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Give air a break day

As part of the "Clean Air America Challenge," the American Lung Association has designated Thursday, May 10 as "Give the Air a Brake Day." Motorists are urged to leave their cars at home and to seek alternative means of transportation such as mass transit, carpools, and bicycles as a contribution to the fight against air pollution.

According to the ALA, there are significant health risks from indoor and outdoor air pollution. For example:

-The U.S. Environment Protection Agency has stated that indoor radon exposure is the second leading cause of lung cancer in the United States. The ALA recommends testing homes for radon using the simple, inexpensive radon monitors currently available.

-Biological pollutants, including molds and bacteria, promote poor indoor air quality, and may be a major cause of days lost from work or school. The ALA urges proper maintenance and regular cleaning of humidifiers, dehumidifiers, and air conditioners.

-Studies show that extended exposure to ozone pollution produces significant decreases in lung function. Since car exhaust from poorly maintained cars contributes significantly to the ozone pollution level, the ALA suggests the motorists properly maintain their cars and limit driving when possible.

-Running in a polluted urban area for half an hour produces as much carbon monoxide in the blood as smoking a pack of cigarettes in one day. The ALA recommends avoiding running during rush hours and near traffic congestion.

For more information about the "Clean Air America Challenge," contact the American Lung Association of South Central Pennsylvania at 845-LUNG, or 1-800-351-1512.

Weekly HEALTH TIP
HAZARDOUS CHEMICALS
The following household products are dangerous - toxic can severely irritate the skin, eyes, mucous membranes - can cause coma, - vomiting, diarrhea - can be fatal if eaten.
*Sodium hydroxide in drain and oven cleaners
*Sodium carbonate in laundry detergents
*Sodium bisulfate or sodium hydrogen sulfate in drain cleaners
*Phosphoric acid in metal cleaners
*Ammonium oxalate in metal polish
*Hydrofluoric acid in rust removers
*Solvent naptha and petroleum ether in liquid cleaners
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